

Town of Lexington

Recreation Department



Fall 2012 ~ Winter 2013

Program Brochure

1625 Massachusetts Avenue

Lexington, MA 02420

Telephone: (781) 862-0500 ext. 262

Information & Cancellations : (781) 862-0500 ext. 706

Web Site: <http://www.lexingtonma.gov/recreationdepartment.cfm>

Important Information

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General Information	2—3	Karen Simmons, CTRS, CPRP ~ Director of Recreation	The Lexington Recreation Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing quality recreational services which are educational, fun and rewarding. The Recreation Department promotes participation by all Lexington citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, accessible and well-maintained Park and Recreation facilities.
Helpful Numbers, Emails & Web Sites	3	Sheila Butts, CPSI, CYSA ~ Assistant Director	
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Enterprise Fund

The Recreation Department has operated as an Enterprise Fund since 1991. Recreation Programs are self-supported by setting fees to cover all expenses. The Director of Recreation, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation operating budget supports staff who manage and deliver recreation programs along with the materials and supplies needed to operate these programs. Surplus revenue generated through the Recreation Enterprise Fund (Recreation and Pine Meadows Golf Club) helps fund Capital Improvement Projects and financially supports some services provided to Recreation by other Town Departments, and payment of \$100,000 per year towards the Lincoln Park debt.

REGISTRATION INFORMATION

ONLINE REGISTRATION IS THE PREFERRED METHOD AND STRONGLY RECOMMENDED for all programs. We also accept Walk-In Registration and Mail-In Registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. Registration is first come, first served and 100% of all program spaces will be available online as of August 27, 2012 at 12:00 a.m.. Resident walk-in and mail-in registration also begins on August 27, 2012 at 8:30 a.m.. Non-resident walk-in and mail-in registration begins September 4. There is a \$5.00 (youth) - \$10.00 (adult) additional fee for non-resident program registrations. Online registration at www.lexingtonma.gov/recreationdepartment.cfm. We accept cash, check, MasterCard, VISA, AMEX or Discover for mail-in or walk-in registration. Credit Cards ONLY online.

Programs for Everyone	Recorded Information & Cancellations
Please let us know about barriers that prevent participation. We are proud of our work with members of the community in creating exciting and successful programs. Please help us as we try to expand our ability to provide meaningful and accessible opportunities for all. Your suggestions are welcomed! We encourage individuals in need of special assistance in order to participate, to share this information when registering.	<p>Programs may be cancelled due to inclement weather, field or facility conditions, or other conflicts. To check on the status of your program call our Recorded Information line at: 781-862-0500 ext 706.</p> <p>You can also check the Recreation Department Web Site:</p> <p style="text-align: center;">www.lexingtonma.gov/recreationdepartment.cfm</p> <p style="text-align: center;">or find us on Facebook by going to: www.facebook.com</p> <p style="text-align: center;">and entering Lexington, MA Recreation Department.</p>

PLEASE BE ADVISED THAT SOME ACTIVITIES AND SPORTS CLINICS MAY CONTINUE TO RUN OUTSIDE IN INCLEMENT AND/OR ADVERSE WEATHER CONDITIONS. PARTICIPANTS SHOULD DRESS APPROPRIATELY FOR THE WEATHER.

Helpful Telephone Numbers, Email & Web Sites

Recreation Department	recdept@lexingtonma.gov	(781) 862-0500 ext. 262
Recreation Program Online Registration	www.lexingtonma.gov/recreationdepartment.cfm	
Recreation Program Recorded Information & Cancellations		(781) 862-0500 ext. 706
Recreation Department Facebook Page	www.facebook.com	
Battle Green Tennis League	www.battlegreentennis.com	
Coed Softball	pcoleman@lexingtonma.gov	
Lexington Blue Sox	www.lexingtonbluesox.com	
Lexington Chamber of Commerce	www.lexingtonchamber.org	(781) 862-2480
Lexington Coed Adult Soccer	franco.diaz@att.net	
Lexington Community Education	www.lexingtoncommunityed.org	(781) 862-8043
Lexington Little League	www.lexingtonlittleleague.org	
LEX FUN (formerly Lexington Preschool PTA)	www.lexfun.org	
Lexington Human Services & Senior Center	www.lexingtonma.gov	(781) 861-0194
Lexington Youth Basketball	http://sites.google.com/site/lexhoops/Home	
Lexington United Soccer Club	http://lexingtonunited.org	
Men's Senior Softball	lexsoftball@gmail.com	
Men's Summer Basketball	pcoleman@lexingtonma.gov	
Moms on the Mound	sbutts@lexingtonma.gov	
Pop Warner Football	www.lbhpopwarner.com	
Special Needs Arts Programs, Inc.	info@Snapsing.org	
Youth Hockey	www.lbyh.net	

Refund Policy

The Lexington Recreation Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been cancelled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation Department does not confirm program registrations.

- All refunds will be issued in the form of a check from the Town Treasurer's Office. Refunds to credit cards are not permitted. Please allow 3—4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be cancelled, participants will receive a full refund.
- **Refunds**, less the minimum \$10.00 non-refundable deposit*, **may be given to a participant who withdraws from a program two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation Department stating the reason for withdrawing and the participant's name, address and program name and dates.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation Department accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit* will be deducted from the refund. In the event of weather cancellations the Recreation Department will offer make-up sessions. Refunds will not be given if make-up classes are scheduled and held, but a participant is unable to attend.
- **Participants who withdraw from a program five business days prior to the start of a program may receive a credit**, less the minimum \$10.00 non-refundable deposit*, towards another Recreation program provided that a wait list participant fills the spot and/or the minimum level of participants has been reached.
- **Participants who withdraw from a program less than five business days prior to the start of the program are not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. **Refunds and/or credits will not be given for early termination of a program by the participant.**
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.

* **Please note:** Some programs throughout the year have a different minimum deposit or refund/credit policy (i.e. Skiing, In-Town Basketball League, school vacation programs, etc.) which are noted in the brochure.

Pre - registration is required for all Lexington Recreation Department programs

YOUTH PROGRAMS

AGE 4 & 5 INTRO TO TENNIS

\$55

Ages: 4 & 5
Dates: 5 Tuesdays, September 18—October 16
Times: 2:00—2:30 p.m. or 2:45—3:15 p.m.
Location: Gallagher Tennis Courts 1 & 2 at the Center Recreation Complex

Lexington Recreation is pleased to offer this fall tennis program for children ages 4 & 5. Instruction will focus on introducing youngsters to the sport of tennis and basic stroke development. *Maximum 6.*

MOMMY/DADDY AND ME KAYAKING **\$125/pair**

Ages: 2—5 with one parent
Dates: Thursdays, September 27, October 4 & 11
Time: 2:30—4:00 p.m.
Location: Old Reservoir

This program is offered by Still River Outfitters. In addition to safe paddling skills and safety, parents learn to adapt proven strategies to comfortably paddle with their toddler. *Maximum 6 adult/child pairs.*

SMART START BASKETBALL **\$60**

Ages: 5—7 with a parent
Dates: 6 Saturdays, January 12—March 2, 2013
 (no 2/16, 2/23)
Time: 9:15—10:15 a.m.
Location: Hastings School Gym

This program will teach children (and parents) a variety of basketball skills including dribbling, ball handling, shooting, passing, catching, and running in a fun, non-threatening environment and allow participants to work one-on-one with a parent. A parent must attend and *space is limited*, so register early!

VIKING PRE-SCHOOL SOCCER CLINIC **\$80**

Ages: 4 & 5
Dates: 6 Fridays, September 21—October 26
Times: 2:45—3:30 p.m.; 3:45—4:30 p.m.;
 4:45—5:30 p.m.
Location: Muzzey Field

The ever popular Viking Sports Camps return to Lexington this fall to introduce the game of soccer to boys and girls ages 4 and 5. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers or soccer cleats, and a water bottle. Parents and/or guardians are asked to stay for the 45 minute program and are encouraged to participate with their child. *Enrollment is limited to 28 per class.*



THUNDERCAT MINI SPORTS JAM

\$72

Ages: 4 & 5
Dates: 5 Tuesdays, October 2—October 30
Time: 2:45—3:30 p.m.
Location: Muzzey Field

Come have a ball with Thundercat Sports! This fun program will include soccer, basketball, softie hockey, and other unique games which may include Sponge Bob Tag and Finding Nemo. Emphasis will be on some basic skill building, developing hand eye coordination, teamwork, and FUN! *Enrollment Limited.*

LEGO ROBOTICS **\$130**

Ages: 9—11 (Grades 3 - 5)
Dates: 6 Thursdays, September 27—November 1
Time: 3:00—4:00 p.m.
Location: Cary Hall Building ~ Estabrook Hall

NEW

Lego Robotics introduces kids to robotics programming. Kids create bots with motors and sensors, and program them on *Wicked Cool For Kids* computers. There are lots of challenges to engage budding techies. *Enrollment Limited.*

ENGINEERING EXTRAVAGANZA **\$110**

Ages: 8—10 (Grades 2 - 4)
Dates: 4 Thursdays, November 8—December 13
 (no 11/22, 12/6)
Time: 3:00—4:00 p.m.
Location: Cary Hall Building ~ Estabrook Hall

NEW

Unleash your inner engineer with *Wicked Cool for Kids*. Get back to basics and deconstruct simple household items and office supplies, then re-engineer them into working toys and fun gizmos. Kids will learn the engineering and design process to build clothespin catapults, and rubber band critter cars. We'll design and test the bounciest putty recipe and make a working flashlight. *Enrollment Limited*

LEGO ENGINEERING JUNIOR **\$120**

Ages: 5—7 (Grades K and 1)
Dates: 6 Thursdays, January 31—March 14 (no 2/21)
Time: 1:30—2:30 p.m.
Location: Cary Hall Building ~ Estabrook Hall

NEW

New this year, Lego Engineering Junior, coordinated by *Wicked Cool For Kids*, is a six-week program designed especially for kids in grades K—1. The activities promote teamwork and critical thinking skills as kids investigate basic engineering concepts. Perfect for the young builder with tiny hands. *Enrollment Limited*

YOUTH PROGRAMS

CHESS CLASSES

Students in each of the Chess classes will join Jim Della Selva to explore chess theory starting from the basic to more advanced levels. The course will consist of instruction, play and group work. **All fall classes will be held in the Parker Room (formerly G15) in the Town Office Building.**

Maximum 12 per class.

Beginner Chess \$125 (8 wk session) \$65 (4 wk session)

Ages: 5—12
Fall: 8 Wednesdays, September 19—November 14 (no 9/26)
 4 Wednesdays, November 28—December 19
Winter: 8 Wednesdays, January 9—March 6, 2013 (no 2/20)
Time: 4:35—5:35 p.m.

Intermediate Chess \$125 (8 wk session) \$65 (4 wk session)

Ages: 6—12
Fall: 8 Tuesdays, September 18—November 20 (no 9/25, 11/6)
 4 Tuesdays, November 27—December 18
Winter: 8 Tuesdays, January 8—March 5 (no 2/19)
Time: 4:35—5:35 p.m.

Advanced Chess \$125 (8 wk session) \$65 (4 wk session)

Ages: 7—14
Fall: 8 Tuesdays, September 18—November 20 (no 9/25, 11/6)
 4 Tuesdays, November 27—December 18
Winter: 8 Tuesdays, January 8—March 5 (no 2/19)
Time: 5:35—6:35 p.m.

YOUTH INTRODUCTION TO KAYAK \$110

Ages: 10—15
Dates: Thursdays, September 27, October 4 & 11
Time: 4:30—6:30 p.m.
Location: Old Reservoir

This course is designed for children ages 10—15. The same skills, strokes and safety information will be covered as in the Introduction to Kayak class for adults. Instruction provided by Still River Outfitters. *Maximum 6.*

Before registering for a program please check your calendar for possible conflicts. Refunds or credits ARE NOT guaranteed. Please refer to the department's Refund Policy located inside the front cover of the brochure and posted on our web site.

FUN-DAMENTALS OF FENCING

\$90/session

Ages: 7—14
Session 1: **Special Attacks and Sabre**
 6 Tuesdays, September 11—October 23 (no 9/25)
Session 2: **Dodging Techniques and Rapier**
 6 Tuesdays, November 6—December 18
Session 3: **Special Defenses and Sabre**
 6 Tuesdays, January 8—February 12
Session 4: **Ducking Techniques and Rapier**
 6 Tuesdays, February 26—April 2
Location: Cary Hall Building ~ Estabrook Hall
Time: 6:30—7:30 p.m.

Fence without buying expensive equipment with Mythquest Edutainment. Whether you are new or experienced, you will learn new techniques and will get to try out your new skills in duels and sword games each week. The classes are a series of four offered to get a good footing in basics and a variety of more advanced techniques. Each session teaches specific advanced techniques not shown in the others.

THUNDERCAT FLAG FOOTBALL CLINIC \$77

Dates: 5 Tuesdays, October 2—October 30
Location: Muzzey Field
Ages: 7—10
Time: 3:45—4:45 p.m.

Throw it, catch it, punt it! Emphasis will be on learning, participating, and having FUN in a non-competitive atmosphere. Skills taught include passing, catching, offensive/defensive strategies, and more. The five-week clinic will culminate with a mini-Super Bowl tournament. The clinic is **coed** and participants will receive a sport related item. Please wear sneakers and appropriate clothing for outdoor play, and bring a water bottle.

BUDA ULTIMATE FRISBEE CLINIC \$45

Ages: 10—14 (grades 3—8)
Dates: Tuesdays and Thursdays, September 18—October 11 (no 9/25)
Time: 3:45 — 5:15 p.m.
Location: Fiske Elementary School Field

BUDA and Lexington Recreation are once again teaming up to provide a great introduction to Ultimate Frisbee. This fun, fast-paced sport is very popular at colleges and high schools (including LHS), as well as in adult recreation leagues. The program is designed to teach kids all the skills they need in order to play and have fun. Participants should wear cleats and bring a water bottle.

YOUTH PROGRAMS

YOUTH TENNIS LESSONS

The **Fall Youth Tennis Lessons** are designed to introduce children ages 6—14 to the life-long sport of tennis. The participants will learn the basic rules of tennis, work on stroke development, and serves (when appropriate) through drills and games. **Lessons will be held at the Gallagher Tennis Courts (1 & 2) at the Center Recreation Complex.** *Enrollment is limited to 6 per time slot.*

Ages 6 & 7 **\$55**

Dates: 5 Tuesdays, September 18—October 16

Time: 3:30—4:00 p.m. **or** 4:15—4:45 p.m.

Ages 8 & 9 **\$55**

Dates: 5 Thursdays, September 20—October 18

Time: 2:00—2:30 p.m. **or** 2:45—3:15 p.m.

Ages 10 & 11 **\$55**

Dates: 5 Thursdays, September 20—October 18

Time: 3:30—4:00 p.m.

Ages 12—14 **\$55**

Dates: 5 Thursdays, September 20—October 18

Time: 4:15—4:45 p.m.

ADAPTIVE BASKETBALL PROGRAM **\$65**

Ages: 6—16

Dates: 6 Saturdays, January 12—March 2, 2013
(no 2/16, 2/23)

Times: 10:30—11:15 a.m. **or** 11:15 a.m.—12:00 noon

Location: Hastings School Gym

This program is designed to offer children with a cognitive or physical disability the opportunity to learn and play basketball in a cooperative, non-threatening environment. The program takes into consideration the needs and abilities of every participant, and modifications are made to the game and training to allow full participation and enjoyment for each child. Volunteers are welcome!

ARCHERY **\$110**

Ages: 9—14

Dates: 5 Thursdays, September 20—October 18

Time: 3:30—5:00 p.m.

Location: Muzzey Field



During this five week program participants will learn to shoot a bow and arrow with Archery USA in this Junior Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace.

BABYSITTERS TRAINING

\$85

Ages: 11+

Dates: Wednesdays, October 3, 17 and 24

Time: 6:30—9:00 p.m.

Location: Town Office Building – Parker Room

The newly revamped babysitter training program prepares boys and girls to become babysitters. Students learn by participating in group discussions and activity periods.

MIDDLE SCHOOL EARLY RELEASE DAY PROGRAM

\$36

Grades: 6th, 7th and 8th grade at Diamond and Clarke

Date: Thursday, January 10, 2013

Time: 11:45 a.m.—4:15 p.m.

Location: Nashoba Valley Tubing Park

Come along snow tubing at Nashoba Valley on Thursday January 10, 2013. We will be meeting in your school's cafeteria at 11:45 a.m. to eat lunch and then the bus will pick us up at 12:30 p.m. **We will tube from 1:30-3:30 p.m. and your parent is expected to pick you up at 4:15 p.m. at your school.** For Boston students, you will be supervised at your designated school until the late bus picks you up. The fee is **\$36.00** and includes transportation and snow tubing. You are required to bring your lunch.



If the Tubing trip to Nashoba Valley is cancelled because of adverse weather participants will be notified at their school and an announcement will be placed on the Recreation Information Line [781-862-0500](tel:781-862-0500) ext. 706. A credit will be placed on your account if the program is cancelled.

The registration deadline is Friday, December 14, 2012

This program is made possible through the cooperative efforts of the Lexington Youth Services Council, Department of Human Services, Lexington Recreation Department, Lexington Police Department and the Lexington Public Schools.

SPACE IS LIMITED TO

80 STUDENTS.

SIGN UP EARLY

Youth Basketball Clinic for Grades 2 - 4



Saturdays, January 5 through March 23, 2013 (no 2/16 and 2/23)

Early Registration Fee: \$90 Registration after December 7: \$100

The Youth Basketball Clinic is designed as an instructional program in which the basic skills of basketball will be introduced and reinforced through drills and scrimmage games. This program will be on Saturday mornings.

All children must register in advance with the Recreation Department. This is a very popular program and spots are limited. Participants MAY NOT request placement with a particular coach or friend. The program is limited to Lexington residents ONLY.

2nd Grade Girls: 9:00-10:30 a.m. Fiske
3rd Grade Girls: 9:00-10:30 a.m. Diamond
4th Grade Girls: 9:00-10:30 a.m. Clarke

2nd Grade Boys: 10:45 a.m.-12:15 p.m. Fiske
3rd Grade Boys: 10:45 a.m.-12:15 p.m. Diamond
4th Grade Boys: 10:45 a.m.-12:15 p.m. Clarke



In-Town Recreation Basketball Leagues Grades 5 - 8

Weeknights and Saturdays, November 19, 2012 - March 16, 2013 (no 11/21-11/24, 12/18-1/1, 1/21, or 2/16-2/23)

Early Registration Fee: \$150 Registration after October 12: \$160

The In-Town Basketball League is an organized recreational basketball program for students currently enrolled in Grades 5-8. There is a separate 5th/6th grade league and a 7th/8th grade league and the leagues are gender-specific. Participants will be evaluated and placed on teams. Every effort is made to create teams of equal skill. Fundamentals, skill development, teamwork, and sportsmanship will be emphasized while competitiveness is kept to a minimum. All players must dress appropriately; jeans and jewelry are not allowed. The teams will practice for 1 hour one night a week and games will be played on Saturday afternoons. Practice and game time will rotate throughout the season and **all practices and games will take place at either the Clarke Middle School or Diamond Middle School. Information about the specific start date of practices and games for each league will be emailed to all participants in mid-November.**

5th/6th Grade Girls

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Thursdays
Games: 12:30 p.m. or 1:35 p.m. on Saturday afternoons

5th/6th Grade Boys

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Tuesdays or Wednesdays
Games: 2:45 p.m., 3:50 p.m., 4:55 p.m., or 6:00 p.m. on Saturday afternoons

7th/8th Grade Boys

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Thursdays
Games: 1:00 p.m. or 2:05 p.m. on Saturday afternoons

7th/8th Grade Girls

Practices: 6:00-7:00 p.m. or 7:00-8:00 p.m. on Mondays
Games: 3:10 p.m. or 4:15 p.m. on Saturday afternoons

High School Boys Basketball League Grades 9 -12

Weeknights and Saturdays, November 27, 2012 - March 9, 2013 (no 12/18-1/1, 1/21, and 2/16-2/23)

Early Registration Fee: \$125 Registration after October 12: \$135

This 10-week High School Basketball League will provide students currently enrolled in Grades 9-12 with the opportunity to play basketball once a week this winter. Participants are evaluated and placed on teams and every effort will be made to create teams of equal skill. Based on enrollment, this league could become two separate leagues: one for Grades 9-10 and one for Grades 11-12. Teamwork and sportsmanship will be emphasized while competitiveness is kept to a minimum. All players must dress appropriately; jeans and jewelry are not allowed. Teams will practice for 1 hour one night a week (6:00-7:00 p.m. or 7:00-8:00 p.m. on Mondays at Diamond) and **games will be played on Saturday afternoons at 5:20 p.m. or 6:25 p.m. at the Diamond Middle School. **Due to low enrollment we are NOT offering a girl's high school league this year.****

**** Notice for In-Town Grades 5-8 and High School Basketball Leagues****

All participants must register in advance with the Recreation Department. There is a \$25 non-refundable deposit (included in the registration fee) for these programs. Late registrations will be accommodated ONLY if space is available. Participants MAY NOT

The success of the Youth Basketball Clinic, the In-Town Basketball Leagues, and High School Basketball League depends greatly upon volunteer coaches. If we do not get volunteers to coach these programs, the number of participants accepted could be seriously affected, or the program cancelled. Volunteers interested in coaching or being a coaching assistant in the Youth Basketball Clinic or In-Town Leagues are asked to contact the Recreation Department at (781) 862-0500 ext. 262.

FAMILY AND VACATION PROGRAMS

FAMILY ADVENTURES

Lexington Recreation is pleased to offer our residents the opportunity to explore **Costa Rica** on a Family Adventure during April Vacation (April 13—20), the **Wild West and Yellowstone National Park** in August (August 2—9, 2013), or travel to five of the **National Parks of America** September 1—12, 2013 as a part of our new partnership with **Collette Family Vacations**.

Your **Costa Rica Family Adventure** (April 13—20, 2013) begins after your flight from Boston to San Jose, Costa Rica. You and your family will tour the amazing Arenal Volcano, the volcanic hot springs, pools and water slides. Then you will set off for the Caribbean Coast and the remote Tortuguero National Park, a special reserve accessible only by boat or airplane. You will stay at an “eco-lodge”, the perfect backdrop for your jungle adventure, and tour the Green Turtle Research Station. You will have the opportunity to take a guided walk through Tortuguero National Park, and then embark on a jungle canal trip to the lush rainforest village of Sarapiquí where you will visit a pineapple plantation, a biological reserve and a cacao plantation to see firsthand how cacao beans become chocolate! In the afternoon you will take a white water raft ride through the stunning Costa Rican countryside. For more information go to: <http://www.collettevacations.com/link/519139>

During the **Wild West and Yellowstone Family Adventure** (August 3—9, 2013) you and your family will set off on a Wild West adventure to explore some of America’s most amazing treasures: the national parks of Utah, Wyoming and Idaho. You will visit the Oregon Trail Museum, and head out to the cowboy town of Jackson, Wyoming, the “Crown Jewel” of the northern Rockies where you and your family will stay for the next four nights. Daily excursions from Jackson include Grand Teton National Park, Jenny Lake, and the first and oldest national park in the world—Yellowstone—where you can see buffalo grazing, the Old Faithful geyser and thousands of square miles of pristine park land. You will discover what it was like to travel the Oregon Trail during a visit to Fort Hall in Pocatello, Idaho. The vacation will be capped off with dinner at a local restaurant, complete with country-western dancing for all go to:

<http://www.collettevacations.com/link/519140>

As a participant in the **National Parks of America** excursion (September 1—12, 2013) tour five of America’s most splendid national parks. Your tour begins in Scottsdale, Arizona where you will enjoy a good, old-fashioned Chili Cook Off. Then it’s on to Sedona and Lake Powell, the Glen Canyon Dam, and a trip through Marble Canyon before arriving at the spectacular Grand Canyon, one of the Seven Wonders of the World! From the Grand Canyon you head to the Bryce Canyon National Park and the red and white sandstone cliffs of Zion National Park. A drive north takes you to Salt Lake City. It’s then on to Jackson Hole, Wyoming, the Grand Tetons and Yellowstone for an amazing overnight stay in the park. Following a trip over Sylvan Pass, through Cody and the Bighorn Mountains and on to Mount Rushmore and the Crazy Horse Monument. For more information go to: <http://www.collettevacations.com/link/519141>

FALL FOLIAGE KAYAK TRIP

\$100/Age 16+ \$60/Age 6—15 with parent 5 & under Free with parent

Sunday, October 21 3:00—5:00 p.m.

Enjoy the beauty of fall in New England from a different perspective. An experienced guide from Still River Outfitters will lead you down the historic **Concord River** at a leisurely pace. No experience is necessary. All ages are welcome. Directions will be sent a couple days before the

SCHOOL VACATION PROGRAMS

trip. Be sure to provide an email address at which you can be contacted.

DECEMBER CHESS / SCIENCE CLINIC

\$95

Ages: 6—13

Dates: Wednesday — Friday, December 26, 27, 28

Time: 9:30—11:30 a.m.

Location: Cary Hall Building ~ Estabrook Hall

Join Jim Della Selva and Bill Richard for a three-day Chess/Science Clinic. This program will provide beginner players with the opportunity to learn more about the game. Participants should bring a chess board and be ready for fun. The registration fee includes a \$25.00 non-refundable deposit. Registration deadline is December 17th.

THEATERIFFICS

\$250

Ages: 6—13

Dates: Tuesday—Friday, February 19—22

Time: 9:00 a.m.—4:00 p.m.

Location: Cary Hall Building Auditorium

Back by popular demand, **Kidstock Creative Theater** returns to offer every child an active part in the creative process of theater as actors, playwrights, artists and musicians. Children need to bring their own morning and afternoon snack and lunch. The final day will conclude with a performance for parents and friends to come and enjoy. The theme for the week has not been announced. The fee includes a \$25.00 non-refundable deposit. The registration deadline is January 31st.

FEBRUARY CHESS CLINIC

\$125

Ages: 6—13

Dates: Tuesday—Friday, February 19—22

Time: 9:30—11:30 a.m.

Location: Cary Hall Building ~ Estabrook Hall

Join U.S. Chess Federation expert Jim Della Selva for a four-day Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game. Participants should bring a chess board and be ready for a fun, challenging week. The registration fee includes a \$25.00 non-refundable deposit. The registration deadline is February 11th.

NASHOBA VALLEY SKI AREA YOUTH SKI AND SNOWBOARD PROGRAMS

SKI LESSONS FOR GRADES 2—5



FEE: \$270 with transportation

FEE: \$210 without transportation

6 Thursdays January 3—February 7, 2013 1:00—5:15 p.m. (Lesson Time: 3:00 p.m.)

The Thursday Afternoon Ski package includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. Buses leave the Town Pool parking lot on Worthen Road at 1:15 p.m. and return at 5:15 p.m. For parents who would prefer to drive their children each week to Nashoba, the Thursday lesson program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$210.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 21, 2012.*

SNOWBOARD LESSONS FOR GRADES 4 & 5

FEE: \$270 with transportation



FEE: \$210 without transportation

6 Thursdays January 3—February 7, 2013 1:00—5:15 p.m. (Lesson Time: 3:00 p.m.)

The Thursday Afternoon Snowboard package for children in **Grades 4 and 5 only** includes transportation, six one-hour lessons and lift tickets. Parent volunteers will act as chaperones. Buses leave the Town Pool parking lot on Worthen Road at 1:15 p.m. and return at 5:15 p.m. For parents who would prefer to drive their children each week to Nashoba, the Thursday Lesson Program **ONLY** has a **NO TRANSPORTATION** option. The cost for the program without transportation is \$210.

The program fee includes a **\$50.00 non-refundable deposit**. *Before registering please consider possible conflicts such as Thursday afternoon band or orchestra rehearsals. Refunds will not be guaranteed after December 21, 2012.*

Equipment rentals will be fitted for those registered for the program on Thursday, December 13, 2012 at the Cary Hall Building from 6:00—7:30 p.m. The price for rentals is \$95, payable to Nashoba Valley at the fitting. (At Nashoba the rental fee will be \$105.00.) Helmets may be purchased at ski rental night, or can be rented at Nashoba for \$10.00 per day.

FRIDAY NIGHT SKI AND SNOWBOARD LESSONS FOR GRADES 6—12



FEE INCLUDING LESSONS: \$250

FEE WITHOUT LESSONS : \$220



5 Fridays

January 4—February 1, 2013

5:30—10:45 p.m.

Participants will leave by bus from the Lexington High School parking lot on Worthen Road **promptly** at 5:45 p.m. and will return by 10:45 p.m. The Ski or Snowboard package includes transportation, lift tickets and five one-hour lessons *for those who have selected the lesson option when registering*. Parent volunteers will act as chaperones. **The fee includes a non-refundable \$50.00 deposit.** (Before registering please consider possible conflicts, such as Friday evening sports and music commitments, etc.) Refunds will not be guaranteed for cancellations after December 21, 2012. **The choice of taking a ski or snowboarding lesson MUST be made when registering for the program.**

Equipment rentals will be fitted for those registered for the program on Thursday, December 13, 2012 at the Cary Hall Building from 6:00—7:30 p.m. The price of rentals is \$85 for skis or snowboards, payable to Nashoba Valley at the fitting. (At Nashoba the rental fee is \$95.) Helmets may be purchased at ski rental night, or can be rented at Nashoba for \$10.00 per evening.

IF YOU REGISTER FOR THE FRIDAY NIGHT SKI AND SNOWBOARD PROGRAM YOU MUST

GO TO AND FROM NASHOBA VALLEY ON THE BUS.

The success of our youth ski and snowboarding programs depends on parent volunteers. If you are available to volunteer for the Thursday or Friday Program please contact the Recreation Department and request and fill out the volunteer chaperone form with the dates you are available to assist us!

Adult Programs

R.A.D. WOMEN'S SELF DEFENSE \$50

Ages: Women only 17+
Dates: 4 Mondays, October 1, 15, 22, 29
Time: 6:00—9:00 p.m.
Location: Clarke Middle School Gymnasium

The Lexington Police Department and the Lexington Recreation Department are proud to again collaborate on this very important Women's Self Defense Program. Over the course of this 4-week program, taught by Lexington Police Officer Charles Crayton, students will be involved in a discussion of risk reduction strategies, date rape, continuum of survival, defensive strategies and the basic principles of defense. Participants should wear loose fitting, comfortable clothing and bring a water bottle to class.

BODY CORE: A Total Fitness Class \$140/session

Dates: **Fall** — Monday & Thursday,
 September 24—December 13 (no 10/8, 11/22)
Winter—Monday & Thursday,
 January 7—March 21, 2013 (no 1/21, 2/18, 2/21)
Time: 6:00—7:30 p.m.

Location: Hastings School Gym

This is an exhilarating total body workout which includes low impact aerobics and Zumba choreography. Using the Pilates core mat program and hand weights, you will strengthen and tone your muscles. Finish the class with relaxing Yoga stretches to help improve posture, body alignment and breathing. Materials needed for this class are a yoga mat, hand weights, and a fitness ball (optional). Wear comfortable clothing and cross training or aerobics shoes (no street shoes). All levels of experience are welcome. Ellen Gaies is a certified Aerobics, Pilates and Zumba instructor.

YOGA CLASSES \$120/session

Fall : Tuesdays, September 11—December 4
Time: 7:30—8:30 p.m. (no class 9/25, 10/9, 11/6)
 Thursdays, September 13—November 29
Time: 7:00—8:00 p.m. (no class 10/11, 11/22)
Winter: Tuesdays, January 8—March 21, 2013
Time: 7:30—8:30 p.m. (no 2/19)
 Thursdays, January 10—March 7, 2013
Time: 7:00—8:00 p.m. (no 2/21)
Location: Cary Hall Building Bird Room

Join Certified Yoga Instructor Keith Herndon in this physically balancing workout of Yoga. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus.


FITNESS BOOT CAMP FOR WOMEN

Fee: \$190/2 days per week (22 classes)
 \$110/1 day per week (11 classes)
Ages: 23+
Dates: 11 Weeks (Tuesday & Thursday)
 September 4—November 15
Time: 6:00—7:00 a.m. **RAIN or SHINE**
Location: Lincoln Park Field # 2

This highly regarded and very popular fitness boot camp program designed specifically for women incorporates upper and lower body weight exercise as well as cardiovascular activities. Band work and many body weight exercises are included. Paul McManus, Boot Camp Instructor for the past 4 years and former Lexington PE teacher will lead this program. All levels of ability are welcome with a doctor's certificate.

ZUMBA Introductory Class

Benefitting the Susan G. Komen Breast Cancer Foundation

Come on out on **Wednesday, September 12** to the Hastings School Gymnasium and find out what the Zumba craze is all about. Everyone is invited (age 12 and up) and all levels of experience welcome.  Contact janswartz@mac.com for more information about this event.

The class is **FREE**, but attendees are asked to make a suggested donation of \$15.00 to benefit the Susan G. Komen Breast Cancer Foundation.

Registration: 6:30 p.m. Class: 7:00 p.m.

INTRODUCTION TO KAYAK \$110

Ages: 16+
Dates: Thursdays, September 20, 27 & October 4
Time: 4:30—6:30 p.m.
Location: Old Reservoir

Introduction to Kayak is a 6 hour program that emphasizes safety, enjoyment and skill acquisition in "recreational" kayaks. Instruction provided by Still River Outfitters. *Maximum 6.*



Adult Programs

BALLROOM DANCE CLASSES

\$125/resident couple/session

\$135/non-resident couple/session

Dates: **Fall — 10 Tuesdays**
September 11—November 27
(no 9/25, 11/6)

Winter—10 Tuesdays
January 22—April 2, 2013 (no 2/19)

Location: Harrington School Gymnasium

Beginner Ballroom 6:30—7:30 p.m.

Join Ballroom Dance instructor Francis Floyd as the basic steps of the Fox Trot, Cha Cha, Waltz and Swing dance are covered. Just the thing for the holidays or that upcoming wedding.

Level II Ballroom 7:30—8:30 p.m.

Building on the foundations from Beginner Ballroom, this course, under the instruction of Francis Floyd, seeks to improve those steps, as well as provide an introduction to Tango and Rumba for intermediate dancers. The more advanced dancers will have the opportunity to brush up on their style, and learn more advanced Latin and American Ballroom dances.

ZUMBA (Dance & Exercise) \$129

Dates: **10 Wednesdays** September 19—December 12
(no 9/26, 10/31, 11/21)

Time: 6:45—7:40 p.m.

Location: Hastings School Gym

Dates: **10 Fridays,** September 14—November 16

Time: 9:00—9:55 a.m.

Location: First Parish Church

Join the PARTY with the hottest craze on the exercise circuit in this Latin inspired dance/fitness class. The energizing music uses a variety of Latin, international and pop rhythms, and is so much fun, that the hour is up before you know it! This cardio/body toning class is very easy to follow and no prior experience is needed. **All ages (14+)** and fitness levels are welcome- modifications will be given. Check out the 25 minute ABS Blast and Stretch class following Zumba. Jan Swartz is a Lexington resident and educator, is Group Fitness certified, and has done professional dance training.. Jan is licensed to teach Zumba, Zumba Gold, Zumba Toning, Aqua Zumba, and Zumbatomic

AMERICAN RED CROSS CLASSES

The Lexington Recreation Department will offer CPR/AED/FIRST AID and CPR FOR THE PROFESSIONAL RESCUER recertification classes in March 2013, and new courses in May and June, 2013. Check our Spring brochure for class dates and times.

ABS BLAST AND STRETCH \$56

Dates: **8 Wednesdays** October 3—December 5
(no 10/31, 11/21)

Time: 7:45—8:10 p.m.

Location: Hastings School Gym

Dates: **8 Fridays,** September 21—November 9

Time: 10:00—10:25 a.m.

Location: First Parish Church

This 25 minute class is designed to target and enhance abdominal definition, core stability and back strengthening during the ABS portion (Abdominal and Back Strengthening), and is followed by slow stretching of the major muscle groups to improve flexibility, relieve stress and prevent injuries. Take it alone or as a great complement to the ZUMBA and ZUMBA GOLD programs. The class is appropriate for all ages and fitness levels. You will need a mat or a large towel for lying on the floor. Jan Swartz is Group Fitness certified and licensed to teach Zumba, Zumba Gold, Zumba Toning, Aqua Zumba & Zumbatomics.

THE YOUNG AT HEART SKI PROGRAM \$170

Ages: 55+

Dates: **5 Mondays** beginning January 7, 2013

OR

5 Wednesdays beginning January 2, 2013

Time: 9:00 a.m.—5:00 p.m.

Location: Nashoba Valley Ski Area

The Young at Heart program is for 55+ skiers who would like to ski with a pro peer or brush up on their skills. Complimentary coffee and donuts will be served at 8:30 a.m. This is a five week session and includes skiing from 9:00 a.m.—5:00 p.m.. **Lessons are available Monday and Wednesday at 10:15 a.m. The ski rental fee is \$95. Helmet rentals are \$10.00 per day.**

ONLINE REGISTRATION AVAILABLE

The Lexington Recreation Department offers online registration for the convenience of its customers. In order to access our online registration please go to: www.lexingtonma.gov/recreationdepartment.cfm. From here click on the online registration link and follow all registration directions.



It is possible to set up an individual/family online account, so that you do not have to reenter your information each time you register. It also allows you to track your previous or current transactions. Once your registration is complete you should **print a receipt**. This will serve as your confirmation and fact sheet. If a program is full, you may add your name to the waitlist. Payment must be in full at the time of registration by MasterCard, VISA, AMEX, or Discover. The financial information gathered from any internet transaction will not be maintained by the Town.

Adult Programs

EARLY MORNING ADULT DROP IN at the LHS FIELD HOUSE & GYM

Ages: 18+
Dates: Monday, Wednesday & Friday
September 2012—August 2013
Time: 6:15—7:15 a.m.
Fee: \$75/Lexington residents
\$95/Non residents

Season membership cards **are required** for this morning drop in program. The pass is also valid for the adult evening drop in programs at the LHS field house (November—April). **The program will not run on holidays, and may also be closed for other school events.**

EVENING DROP IN PROGRAM LEXINGTON HIGH SCHOOL FIELD HOUSE

November 5, 2012—April 11, 2013

- **JOGGING (all ages)**
Monday —Thursday 7:15—9:30 p.m.
- **ADULT PICK UP BASKETBALL (20+)**
Monday 7:15—9:30 p.m.
Monday (Jan. & Feb) 8:15—9:30 p.m.
Wednesday 7:15—9:30 p.m.
Thursday 7:15—8:15 p.m.
- **ADULT PICK UP INDOOR SOCCER (20+)**
Tuesday 7:15—9:30 p.m.
Thursday 8:15—9:30 p.m.

The **Evening Program Season Membership fee** is **\$50.00** for Lexington residents; **\$75.00** for non-residents. Photo identification is required when purchasing a membership card. The daily fee is **\$3.00** for residents/ **\$5.00** for non-residents.

Program calendars will be available at the program and on the Recreation web site indicating dates the facility will be closed due to holidays, school vacations and school athletic events.

ADULT SKI & SNOWBOARD PROGRAMS **\$180**

The adult program at Nashoba Valley is available for beginners thru advanced skiers or snowboarders. The program includes a six week session of lessons, lifts and rentals. Classes are available weekday mornings (with free skiing/riding from 9:00 a.m.—5:00 p.m.) or evenings (with free skiing/riding from 5:00—10:00 p.m. on lesson days) Adults **pick ONE day morning or evening** and come any six times throughout the season. **Equipment rentals** will be fitted for those registered for the program on Thursday, December 13, 2012 at the Cary Hall Building from 6:00—7:30 p.m. The price of rentals is \$85 for skis or snowboards, payable to Nashoba Valley at the fitting. (At Nashoba the rental fee is \$95.) Helmets may be purchased at ski rental night, or can be rented at Nashoba for \$10.00 per day

Dates: 6 Sundays beginning January 6, 2013
6 Mondays beginning January 7, 2013
6 Tuesdays beginning January 8, 2013
6 Wednesdays beginning January 2, 2013
6 Thursdays beginning January 3, 2013

Sunday Lesson Time: 5:30 p.m.
Weekday Morning Lesson Time: 10:00 a.m.
Weekday Evening Lesson Time: 7:30 p.m.

Location: Nashoba Valley Ski Area

ED2GO ~ ONLINE EDUCATION COURSES

Courses start as low as \$84.00.

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All you need to get started is Internet access, an email address and a Web browser. *Upcoming class start dates are September 19, October 17, November 21, December 19, January 16, February 20, and March 20.*

Visit the Online Instruction Center at: www.ed2go.com/lexrec. to view courses and content, and to enroll in a course.

PINE MEADOWS GOLF CLUB

Pine Meadows Golf Club is owned by the Town of Lexington and managed by the New England Golf Corporation. Play on elevated tees, tree-lined fairways and the rolling greens of Lexington. **NO METAL SPIKES ARE ALLOWED.**

Golfers are encouraged to contact Pine Meadows Golf Club at (781) 862-5516 for schedules, fees and tee times .

Golf ID cards are available at the Recreation Department Office for Lexington residents ONLY. The yearly \$10.00 Golf ID card entitles the holder to reserve a tee time up to 14 days in advance.



**WE CAN TAKE YOU
THERE**
(781) 861-1210

Adult Programs

OTHER LEISURE PURSUITS

LEX GET FIT

\$125 one day per week

\$200 two days per week

\$250 threes days per week

Ages: 18+

Dates: Monday, Wednesday, and/or Friday
September 10—November 30

Time: 9:00—10:00 a.m.

Location: Lincoln Park

If you don't like exercise at all or if you love to exercise but you're looking for something new to keep you motivated, come to our **"Lex Get Fit"** exercise classes. All levels are welcome to join this outdoor, women-only fitness series. You choose whether once, twice or three times per week works for you. The more you exercise, the more you save and the better shape you will be in for the holidays.

Each class will include warm-up, cardio, strength, core and cool-down components. These "Creative Cardio" classes move away from straight jogging and sit-ups and feel more like a "Girls Night Out" atmosphere. Sign up with your friends and start a buddy challenge to help you reach your fitness goals.

All classes are taught by AFAA certified group fitness instructor, Shannon Amsler.

Lex Get Moving—Monday Morning Motivation

Each week you will work-out to a different theme based on topics that inspire women...current events, movies, reality television, books, pets, children, spouses, apps and more. If your *reality* is that you don't like to exercise, you may not feel *desperate* for work-out motivation anymore after trying out our "Rail" Housewives of Lexington class. There is no gray area when it comes to exercising based on your favorite book...you may just have 50 shades of fun in this class. Time flies as you go for the gold with us for our Olympic 2012-inspired work-out. New work-out themes may be added based on the varied interests of the group.

Lex Be Well—Work Out Wednesdays

Get your mid-week work out in at Lincoln Field. All you need is **YOU** (and water) to enjoy this no excuses/take anywhere work-out. You will use your own amazing body to burn calories, gain strength and increase your core stability. Our Wednesday session will get you through the week while helping you to achieve your fitness goals.

Lex Have Fun—Fitness Fridays

Start your weekend off right with a lot of uplifting music and a work-out with some inspirational women. This is not a dance class but you might see some new moves and have foot-tapping fun. You help choose the motivational music.

**N
E
W**

Sing Along Chorus and Sing Along Singers: Integrated Choruses for Teens/Adults Members of the choruses meet for weekly evening rehearsals, which include time for socializing and refreshments. Community outreach activities by the choruses have included performances at hospitals, nursing homes and the annual SNAP fundraising concert. The chorus is run by Special Needs Arts Programs, Inc. For more information email: info@Snapsing.org

Special Musicians is a music therapy program for young children ages 4—10 with disabilities. Classes are held on Saturdays in Lexington through June. This program is led by music therapist Andrew Gentzow and run by Special Needs Arts Programs, Inc. For more information email: specialmusicians@hotmail.com or info@Snapsing.org

SPARCL: Special Arts Classes Special art classes for adults in painting, clay, crafts, and other multi art media. For information email: info@Snapsing.org

Teresa and Roberta Lee Fitness ~ Nature Path

The fitness and nature path is 1.35+ miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~ Nature Path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.



The Lexington Healthy Communities Project

A Healthy Community is a community that has a strong infrastructure conducive to health. Health includes a wide variety of factors including: physical, mental, emotional and spiritual well-being.

There are many aspects of community that contribute to health, including: culture, environment, economics, housing and food supply.

A Healthy Community strives to be healthier in all aspects.

The **Lexington Healthy Communities Project** will engage members of the Lexington community in a planning process which will identify ways to improve health and quality of life in Lexington. This grant funded Project is coordinated by a committee of stakeholders and will last eighteen months, ending in

September 2013. Throughout the project we will be

conducting activities with the goal of asking the community:

- 1) What do you like about Lexington? What aspects of the community influence your health or quality of life in a positive way?
- 2) What could be done to improve health and quality of life in Lexington?

Help us get started by returning the completed survey located on the following page, or taking the survey online at:

www.lexingtonma.gov/health/communityhealth.cfm



THE LEXINGTON HEALTHY COMMUNITIES SURVEY



Help us with our **ABC's**

Assessing and Building Community Together!

About the Survey:

We are conducting this survey to learn how health and quality of life may be improved in Lexington.

Please Answer the Following Questions:

We ask you think of "**health**" broadly, include such factors as ==> physical, mental, emotional, and spiritual well-being. Consider the many things that may impact health, such as => culture, environment, lifestyle, economics, housing, etc.

1. What is your role in the Lexington community? (check one or more)

- ☐ I live here ☐ I work here ☐ I am visiting ☐ Other: _____

2. What do you like about Lexington? List or describe any aspects of the community that you feel influences your health or quality of life in a positive way.

3. What could be done to make Lexington better? List or describe things that could be done to improve health or quality of life for you, your friends or your family.

4. For statistical purposes, we would like to collect the following demographic information.

Please indicate your age:

- ☐ under 18 ☐ 18 - 34 ☐ 35 - 64 ☐ 65 or more

Please indicate your race or ethnicity. Check any that apply.

- | | | |
|--|---------------------------------------|---|
| <input type="checkbox"/> American Indian or Alaskan National | <input type="checkbox"/> Asian | <input type="checkbox"/> Korean |
| <input type="checkbox"/> Black or African American | <input type="checkbox"/> Asian Indian | <input type="checkbox"/> Vietnamese |
| <input type="checkbox"/> Native Hawaiian or Other Pacific Islander | <input type="checkbox"/> Chinese | <input type="checkbox"/> Other Race(s): |
| <input type="checkbox"/> White or Caucasian | <input type="checkbox"/> Japanese | _____ |

Are you Hispanic or Latino?

- ☐ Yes ☐ No

The Lexington Healthy Communities Executive Committee thanks you for your participation!

Lexington Office of Community Development, Health Division
Lexington Public School Health Services
Lexington Department of Human Services
Lexington Interfaith Clergy Association (LICA)
Chinese Bible Church of Greater Boston
Lexington Recreation Department

To Submit Responses: Drop in our Kiosk Box or

Mail: Town of Lexington, Office of Community Dev.
Health Division, Attn: David Neylon, RN
1625 Mass. Avenue, Lexington, MA 02420
Email: Megan Baldwin, Healthy Communities
Project Coordinator:
mbaldwin@lexingtonma.gov
Fax: Attn: David Neylon (781) 861-2780



Lexington Recreation Department

Program Registration Form

Last Name _____ First Name _____ M _____ F _____

Address _____

Home Phone _____ Work Phone _____ Cell # _____

Email Address (please print) _____

Grade _____
D.O.B. _____ Age _____ Fall 12 _____ School _____ T-shirt size _____

Emergency Contact Name & Phone _____

Special instructions and/or information that the instructor needs to be aware of:
(medical concerns, allergies, special needs, etc.) _____

I/We, the parent(s)/guardian(s) of _____ a minor, or I, _____
_____ hereby consent to participation in the Town of Lexington Recreation Department programs,
pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of
recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save
harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or
expenses arising out of any incident involving, or on account of any injury to the above named minor in con-
nection with such program, hereby give permission to the Town of Lexington Recreation Department staff to
provide and administer immediate first aid and authorize a physician at a local hospital to secure proper
treatment for my/our child as named above if the need arises.

Parent's Signature _____ Date _____

Please Print Parent/Guardian Name _____

Program Title	Day/Session	Time	Fee
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

I would like to donate to the scholarship fund which allows children to participate in
Recreation Programs in the community. Donation Amount \$ _____

TOTAL PAYMENT INCLUDED (program fees & donation) \$ _____

Type of Payment: VISA _____ MasterCard _____ Discover _____ AMEX _____ Check _____ Cash _____

If paying by credit card: Card Account # _____ Exp Date _____

Cardholder Signature _____

Make checks payable to the TOWN OF LEXINGTON and mail registration and payment to:

Lexington Recreation Department

1625 Massachusetts Avenue, Lexington, MA 02420

You may also use the Town Hall Drop Box in front of the Cary Hall. Building

If registering for the Youth Basketball Clinic or League will you volunteer to be a coach?

Yes _____ No _____ Volunteer Name: _____

Volunteer Email Address: _____

Town of Lexington
Recreation Department
Lexington, MA 02420

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LEXINGTON, MA

Lexington Recreation ... Fun and Fitness for All!

THANK YOU!

We would like to take this opportunity to thank all of our seasonal summer employees and community service volunteers for a job well done. Their commitment, enthusiasm, humor, tireless efforts and professionalism made this summer a wonderful success!

We also wish to express our appreciation to each individual and family who participated in our summer programs and used our aquatic facilities.

We look forward to seeing you in our fall, winter and spring activities, and again next summer.

Lexington Recreation Staff